

Class Descriptions

Yoga

Yoga is a workout and more! Doing yoga regularly can enhance your health and fitness by improving muscular endurance, strength and flexibility. Yoga has been shown to be therapeutic in improving blood pressure, anxiety, and the ill effects of many chronic diseases.

Pilates

This class is designed to strengthen your lower back + abdominals. Basic exercises are taught with a systematic breathing pattern to help create a long, lean body and good posture.

Step

A variety of energetic, easy to remember routines that incorporate all the appropriate muscle toning moves while burning calories.

Body Sculpting

An instructor lead weight workout. Elastic bands, body bars, dumbbells, stability balls, and bodyweight are all used to sculpt and tone.

COMBO

A combination of aerobics, step aerobics and body sculpting

SilverSneakers I

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakersYoga Stretch

Simple and safe Yoga poses that you do at your own Pace using a chair for support.

Active Older Adults

Low impact aerobics and strength training using balls, bands, and weights. Good for all fitness levels.

20-20-20

Twenty minutes of cardio, Twenty minutes of strength training, and Twenty minutes of Yoga or Pilates. **Try the Friday class! 20 minutes of Zumba a Latin cardio dance.**

Y-Cycle

A guided indoor bike ride. Good for all fitness levels and guaranteed to burn those calories. Please arrive 10 minutes early if you're new to set up your bike with instructor. Water and a small towel recommended.

BLT

Box, Lift and Tone class consists of intervals of kickboxing and lifting. Body bars and free weights are used.

PUMP N TONE

Pump and tone is designed to give you muscle conditioning followed by a lower body workout and Abs. Body bars and weights will be used.

POT LUCK

It's a surprise! Instructor holds many certifications. Be prepared for a great workout and Abs. Body bars and weights will be used.

CORE MOTION

A mind, body, emotion, and spirit program of dance, yoga, and brain balance for increasing physical fitness, happiness, social contact, and spiritual meaning.

Tai Chi

Tai Chi is a set of exercise or specific, carefully orchestrated movements that take on the appearance of dance of sorts. It is often practiced in groups with everyone doing precisely the same movements at the same time. It is also a kind of moving meditation, where the mind centers itself on each movement producing inner calm.

ALL CLASSES ARE FREE FOR FULL MEMBERS

Not a full member, purchase a class pass

\$25.00 for program registration

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\$80.00 for 10 classes or \$173.00 for 25 classes